

Fitness

To read more about our Fitness classes, please view our detailed descriptions on-line at www.CarlsbadConnect.org.

Cardio Sculpt ♥

This class combines cardio drills with resistance training while focusing on core strength and stability for that extra punch. You will feel stronger and have more energy. All levels welcome. Bring water, a mat and hand weights. Drop-ins \$15.

Stagecoach Community Center: Activity Room

Instructor: Michelle Szames **Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
41732	8:00-8:50am	Tu/Th	Jun 2-Jul 9	12c	\$85/\$95
41733	8:00-8:50am	Tu/Th	Jul 21-Aug 27	12c	\$85/\$95

Carlsbad Bootcamp ♥

You will be amazed at how strong you will get in just 6 short weeks. Join us for a high intensity sports conditioning and cardio workout. You will feel worked out and ALIVE! All fitness levels welcome. Bring water, a mat, and hand weights. Drop-ins \$15.

Magee Park: Open Space

Instructor: Michelle Szames **Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
41734	9:30-10:30am	Tu/Th	Jun 2-Jul 9	12c	\$100/\$110
41735	9:30-10:30am	Tu/Th	Jul 21-Aug 27	12c	\$100/\$110

Jacki Sorensen's Aerobic Dancing ♥

Dance and tone your way to fitness with a certified instructor. Simple dance routines choreographed for fun (and for the non-dancer too). Choose your own level. Vertifirm 'standing floorwork' burns more calories. Hand/ankle weights optional. Bring a mat or towel. Athletic shoes required. Instructor has a B.S. in Kinesiology.

Harding Community Center: Recreation Hall

Instructor: Frances Walters **Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
41913	8:15-9:15am	M/W	Jun 1-Jul 15	14c	\$60/\$70
41911	8:15-9:15am	MWF	Jun 1-Jul 17	20c	\$81/\$91
41914	8:15-9:15am	M/W	Jul 20-Sep 2	14c	\$60/\$70
41912	8:15-9:15am	MWF	Jul 20-Sep 4	21c	\$81/\$91

Jazzercise ♥

Jazzercise is a 60-70 minute, total body workout which lifts your spirits while conditioning your body. Class includes a warm-up, an aerobic segment, muscle toning and a stretch cool down. Join us today – it's your fun way to fitness! Your one month fee allows you to attend any and all classes listed per calendar month. Drop-ins \$10. Bring a mat.

Stagecoach Community Center: Activity Room

Instructor: Lori Massey **Age: 16Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
41995	9:00-10:15am	MWF	Jun 1-29	17c	\$40/\$50
	8:15-9:30am	Sa			
41996	9:00-10:15am	MWF	Jul 1-31	17c	\$40/\$50
	8:15-9:30am	Sa			
41997	9:00-10:15am	MWF	Aug 1-22	13c	\$40/\$50
	8:15-9:30am	Sa			

Pilates ♥

Pilates Matwork

A beginning level class, introducing the Pilates method – a body conditioning system that focuses on the support and strengthening of the 'Power House' or 'Core' of the body – sleek and functionally strong abdominal muscles, supple and supportive back muscles, and shoulder girdle stability. Please Bring a Mat.

Harding Community Center: Recreation Hall

Instructor: Sally Pawoll **Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
41915	6:40-7:40pm	Tu	Jun 2-30	5c	\$30/\$40
41916	6:40-7:40pm	Tu	Jul 7-28	4c	\$24/\$34
41917	6:40-7:40pm	Tu	Aug 4-25	4c	\$24/\$34

Pilates with a Stretch

Join us in our quest for longer leaner muscles, core strength and stability, fitness and flexibility. This class is easy on the joints and customized for the beginner to the elite athlete. As an added bonus there will be lots of stretching to increase range of motion, elongate muscles and prevent injuries. To expand your results, emphasis will be placed on proper form, breathing and technique. If your goal is to feel and look better, get stronger and improve posture, this is the class for you! Please bring water and a towel. Wear loose comfortable clothing. Drop-ins \$6.

Calavera Hills Community Center: Activity Room

Instructor: Sue Stewart **Age: 16Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42097	6:00-7:00pm	W	Jun 3-Jul 8	6c	\$25/\$35

To see class schedules on-line,
sign-up on-line or for more detailed
class descriptions, please visit
www.CarlsbadConnect.org

Pi-Yo ♥

Pilates and Yoga is the perfect combination of modern and ancient mind, body and core strength. Each discipline has its own postures, power moves and principles. Together they will help to create a tremendous energy from within. Our focus will be on balance, attention and deep muscle work, to build strength, control flexibility and harmony in the mind and body. Each participant will learn to modify and adapt the moves according to personal ability and level. Please bring a towel, yoga mat and water bottle. Wear loose comfortable clothing. Drop-ins \$6.

Calavera Hills Community Center: Activity Room

Instructor: Sue Stewart **Age: 16Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42096	6:00-7:00pm	M	Jun 1-Jul 6	6c	\$25/\$35

Qigong for Energy

Relax! Rejuvenate! With Qigong. Increase your energy, reduce stress, and strengthen your immune system. Benefit from deep relaxation techniques, and enjoy gentle, fluid, easy to follow exercises that invigorate your entire body and mind through a deepened awareness of your vital energy.

Harding Community Center: Recreation Hall

Instructor: Fay McGraw **Age: 16Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42042	8:00-9:00am	Tu	Jun 2-Jul 7	6c	\$49/\$59
42043	8:00-9:00am	Tu	Jul 21-Aug 25	6c	\$49/\$59

Tai Chi for Health & Self Defense

Learn 30 basic Tai Chi movements and Chi Gung practices to improve your health and mental well being. Two sessions are recommended for beginners. Intermediate students learn all 108 postures. Advanced students help with all levels of students. See improvement in balance, coordination and experience a calmer mind in just six weeks!

Calavera Hills Community Center: Activity Room

Instructor: John Page **Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42113	7:00-9:00pm	W	Jun 3-Jul 8	6c	\$35/\$45
42284	7:00-9:00pm	W	Jul 15-Aug 19	6c	\$35/\$45

Yoga ♥

Beginner/Intermediate

This is an active flow Yoga class. Each session includes asanas (postures) that are sequenced to provide a contemporary, fitness approach to traditional Yoga practice. Yoga offers the opportunity for improvement in spinal stability, posture, abdominal strength, coordination and balance, as well as managing stress. Please bring a mat.

Harding Community Center: Recreation Hall

Instructor: Sally Pawoll **Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
41921	5:30-6:30pm	Tu	Jun 2-30	5c	\$30/\$40
41918	6:00-7:00pm	Th	Jun 4-25	4c	\$24/\$34
41919	6:00-7:00pm	Th	Jul 2-30	5c	\$30/\$40
41922	5:30-6:30pm	Tu	Jul 7-28	4c	\$24/\$34
41923	5:30-6:30pm	Tu	Aug 4-25	4c	\$24/\$34
41920	6:00-7:00pm	Th	Aug 6-27	4c	\$24/\$34

Yoga Circle

This gently challenging yoga class will stretch and strengthen you while relieving your stress. Deep breathing will energize a flow of poses designed to improve flexibility, balance and stamina. Body, mind and spirit will harmonize anew. Wear loose clothing, bring a mat, don't eat before class. All levels are welcome.

Calavera Hills Community Center: Activity Room

Instructor: Cynthia Collier **Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
41762	4:30-5:30pm	W	Jun 3-Jul 8	6c	\$49/\$59
41764	5:15-6:15pm	Th	Jun 4-Jul 9	6c	\$49/\$59
41763	4:30-5:30pm	W	Jul 22-Aug 19	5c	\$41/\$51
41765	5:15-6:15pm	Th	Jul 23-Aug 20	5c	\$41/\$51

Stagecoach Community Center: Activity Room

Instructor: Cynthia Collier **Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
41766	6:00-7:15pm	F	Jul 24-Aug 21	5c	\$41/\$51

Yoga Plus

Yoga Plus is a combination of Yoga and Pilates. Each session includes Yoga asanas (postures) that are sequenced to provide a contemporary, fitness approach to traditional Yoga practice, plus a selection of Pilates matwork exercises, designed to improve spinal stability, posture, and abdominal strength. Please bring a mat.

Senior Center: Auditorium

Instructor: Sally Pawoll **Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
41927	6:00-7:00pm	M	Jun 1-29	5c	\$30/\$40
41924	6:00-7:00pm	W	Jun 3-24	4c	\$24/\$34
41925	6:00-7:00pm	W	Jul 1-29	5c	\$30/\$40
41928	6:00-7:00pm	M	Jul 6-27	4c	\$24/\$34
41926	6:00-7:00pm	W	Aug 5-26	4c	\$24/\$34
41929	6:00-7:00pm	M	Aug 3-31	5c	\$30/\$40

Activities and classes with ♥ offer a health and wellness benefit to the participant. See page 33 for more information.